

# BREAKFAST BURRITO

**Meat/Meat Alternate** - **Vegetable** - **Grains/Breads**

Ingredients	100 servings	
	Weight	Measure
<b>*Egg Mix, All Purpose</b>	3 lb	.....
Water	.....	1 gal
<b>Pork, Sausage, thawed**</b>	2 lb	.....
Chopped Chilies, canned	3 lb 6 oz	.....
Salt	.....	¼ cup
Garlic Powder	..... ¼ cup	
<b>*Shortening</b>	8 oz	.....
<b>*Cheese, Cheddar, Reduced fat, shredded</b>	2 lb	.....
<b>Potato Rounds, frozen</b>	10 lb	.....
Tortillas, enriched flour, 7"	.....	100 each

## Directions

1. In a large bowl beat eggs and water thoroughly, according to package directions.
2. Brown sausage until all signs of pink have disappeared and internal temperature is 165°F. Drain and discard fat.
3. Add salt, green chilies, garlic powder, and crumbled cooked sausage to egg mixture. Mix until well blended.
4. Place shortening in 12" x 20" baking pan and heat until melted.
5. Pour egg mixture into cake pan with melted shortening and bake at 350°F, in conventional oven, until set.
6. Bake potato rounds at 350°F for 15 minutes, in conventional oven.
7. Add cooked sausage, potato rounds, and cheese to cooked egg mixture. Gently mix well, being careful to not break the potato rounds apart.
8. Using a #12 scoop (1/3 cup), portion into a heated tortilla, fold top down and sides inward. Place seam side down for serving.

Commodities are in **Bold**.

\*\*All thawing time should be in the refrigerator.

**Serving: 1 Burrito**  
**provides 2 oz meat/meat alternate,**  
**¼ cup vegetable,**  
**and 1 grains/breads**

**Yield: 100 burritos**

**Special Tips:**

- 1) Wrap burritos with foil sandwich wrap to help hold the heat and for ease in serving.
- 2) Maintain serving temperature at 140°F.
- 3) Each serving should contain at least 3 potato rounds.

**Nutrients Per Serving**

Calories	382	Saturated Fat	4.2g	Iron	1.7mg
Protein	16g	Cholesterol	87mg	Calcium	192mg
Carbohydrates	39g	Vitamin A	98RE	Sodium	996mg
Total Fat	17.0g	Vitamin C	3mg	Dietary Fiber	1g

*Breakfast Burrito recipe provided by Mary Swift, Los Lunas Schools, New Mexico*  
*This recipe has not been standardized by USDA.*

